

Hillcrest Community
Center (HCC)
1907 Hillcrest Dr.
Columbia, MO 65201
573-874-7475
www.GoColumbiaMo.com

Recreation Staff at
Hillcrest Community
Center (HCC):

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Cassie Dins
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Office-

Jill Overton
Jennifer Meeks

Music-

Cookie Hagan
Julie Vaughn

Osher Lifelong Learning-

Kristin Millikan
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Walker Perkins

Columbia Parks & Recreation **50+ Programs**

Office Hours: 8:30am - 4:30pm Mon-Fri

May 2016

Join us for a variety of programs, activities, music, dances, crafts, and more for those ages 50 and better. We hope you can attend the activities and don't forget to bring a friend!

50+ Explorers

Tea luncheon at the Gathering Place

Thursday, May 26, 2016

Depart Hillcrest 11:45am-Return 2pm

Cost is \$5 plus \$15 for lunch (please pay separately)

After the relaxed luncheon we'll stop at Ellis Library to view an exhibit of MU student garb from the early 1900's. (We invite all Dominoes and Mah Jongg players to join us for lunch!)

Also, mark your calendar for:

Coffee and Conversation at The Village of Bedford Walk - June 9, Cost is \$5. This will be a chance to see what is going on at the corner of Bethel and Nifong.

Parks and Recreation Memberships

Payment can be made in person at the front desk or by mail with check payable to Columbia Parks and Rec.

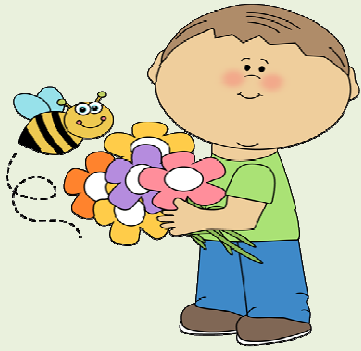
(Membership fee includes activities unless otherwise noted)

\$25/Person Parks & Recreation Membership includes 50+Tours, 50+ Programs at Hillcrest Facility-Music groups (ukulele, bells, choir), Bingo, Potlucks, Painting groups, games, dances, Mah Jongg groups, Explorers trips, Karaoke, Adult Coloring groups, Spanish club, Travel club, and more.

OR

\$40/Person Parks & Rec/Osher @ Mizzou Combo includes all of the above plus Brown Bag seminars, This Week @ Osher weekly email of upcoming events, and Osher Saturday Morning Book Talks





Special Needs: For accommodations needed due to a disability, please call at least 2 days in advance.

Please Note: The Columbia Adapted Recreation offers programs at Paquin Tower which may also be of interest.

Osher @ Mizzou

The Osher Summer Session begins June 3
Catalogs will be available and online at extension.missouri.edu/osher

"The most important thing a father can do for his children is to love their mother."

Theodore Hesburgh

Social Events for May!

Potluck and Bingo – May 6th

1st Friday (from 11:30am-1pm)

Bring your dish to share at potluck. After cleanup, bingo for prizes begins. enjoy the day with friends!

Karaoke Friday Night – May 6, 20th

1st and 3rd Fridays (from 7-10pm)

Share fun and friendship as you sing or just listen to your favorite songs on 2 Friday nights each month. Bring your favorite snacks to share. For more information, contact Jon Harpert at 573-474-7181.

Requires Hillcrest membership or \$3 at the door.

Mother's Day – May 8

Don't forget to remember your Mother on this special day.

Jamm and Dance – May 13th

2nd Friday (from 1-3pm)

Enjoy an afternoon of music for your dancing and listening pleasure. The House Band welcomes you and your requests. Snacks are welcome to share at the break.

Royals Baseball vs Red Sox- May 18th

Leave 9:30 from ARC for 1:15pm game. \$25 Using 15 psgr Parks & Rec bus for transportation.

Potluck, Dance and Game Day– May 20th

3rd Friday (from 11:30am-3:30pm)

Bring a dish to share and enjoy a great meal with friends followed by music and games all afternoon.

(Consider returning this evening for Karaoke Night!)

Older and Wiser

\$25

Wed, May 18th 10:00am-12:00 noon

Explore how you can retain peak mental ability throughout your mature years and remain mentally and physically vibrant. Discover how the mature brain has wonderful ways of compensating so it works as well, sometimes better, than a younger one. Learn dozens of fun and fascinating steps you can take to enhance successful aging. Remember, "old age" is sometimes just a state of mind!
Pre-registration required.

Instructor: Bart Entrikin, M.S.

Osher Saturday Morning Book Talks

Gladys Swan - A Dark Gamble (2015)

Sponsored by: "Her Tai Chi Friends"

Saturday, May 7th - 9:30 am Coffee and Pastries

10:00 am Book Talk begins:

Fee is \$3 at the door or \$20 (10-visit punch card) or
Fall 2015/2016 Osher Member ID badge.

May 8



Daily Games:

Jigsaw puzzle,
board and other
games.

Is your card or
game group looking
for a special time or
place to gather?
Maybe we can help.

*"A hero is someone
who has given his or
her life to something
bigger than oneself."*

Joseph Campbell



Ongoing Monthly Events...

Monday / Thursday Painting Group:

Join our painting group as they use a wide variety of mediums including oils, water colors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other's endeavors on Mondays 9am-noon and/or Thursdays 1-3:30pm.

Mah Jongg:

There are now 4 days with Mah Jongg groups playing—Mon 1-4pm, Tues 10:15am-12:15pm, Thurs 10-12:30; 1:30-4pm & Fri 12:30-4pm. If you are interested in joining a group or being a sub, please inquire at the front desk. Mah Jongg is great fun! (A beginning class will be offered Tues 1-3pm, May3-June7 Cost \$49. Pre-registration is required at 874-7460.)

Tuesday Bingo:

Join us every Tuesday to play for practical prizes. Come early to socialize and meet new friends. Calling begins at 1pm.

Wednesday Coloring Group:

Drop-in between 9am-12noon to de-stress, socialize, and be creative. Bring your own supplies or try it out with ours.

Wednesday Scrabble:

Come enjoy this classic game. 10 am - 12 pm

Monday and Thursday Dominoes:

Love to play Dominoes? Just want some laughter or company? You'll enjoy a friendly form of Mexican Train dominoes two days a week now—Mon and Thurs starting promptly at 10am.

Music: These practice times may change. Please check with HCC front desk at 874-7475 --scheduled performances take priority over practices.

ALL GROUPS ARE BUSY RECRUITING NEW MEMBERS...

Unified Bell Choir	Mon. May 23: 3:15-4:15 PM Performance at Parkside Manor6
Choir (Good Timers)	Tues. May 3: Candlelight Lodge 2-3 PM Tues. May 17: Bus to Colony Pointe 2-3 PM
Jammers	Wed. May 4,11,18,25: 1-3 PM
Ukulele Ensemble	Fri. May 27: 1:15 PM BUS Performance at Boone Landing

1st and 3rd Fridays are Karaoke Nights - 7-10 pm